



Fried Green Tomatoes

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



218 kcal

SIDE DISH

Ingredients

- 1.5 cups buttermilk
- 1 pinch cayenne
- 1 cup flour all-purpose
- 1 tablespoon garlic powder
- 1 cup cornmeal stone-ground
- 8 servings kosher salt and pepper black freshly ground
- 8 servings lemon wedges for serving
- 8 servings pepper sauce hot for serving

- 4 large unripe tomatoes cut into 1/ slices, ends removed
- 1 tablespoon butter unsalted
- 0.5 cup vegetable oil

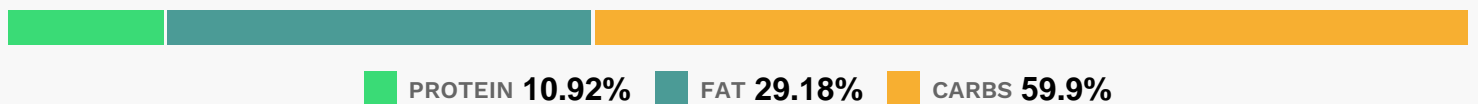
Equipment

- bowl
- frying pan
- paper towels

Directions

- Watch how to make this recipe.
- In a large bowl, combine the cornmeal, flour, garlic powder, and cayenne together.
- Pour the buttermilk into a separate bowl and season with salt and pepper. Dip the tomatoes in the buttermilk and then dredge them in the cornmeal mixture, coating both sides well.
- Place a large cast iron skillet over medium heat and coat with the oil. When the oil is hot, pan-fry the tomatoes (in batches if necessary) until golden brown and crispy on both sides, about 3 to 4 minutes on each side. Carefully remove the tomatoes and drain on paper towels.
- Serve with hot pepper sauce and lemon.

Nutrition Facts



Properties

Glycemic Index:38.38, Glycemic Load:18.94, Inflammation Score:-7, Nutrition Score:10.152608601943%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 218.01kcal (10.9%), Fat: 7.15g (11.01%), Saturated Fat: 2.43g (15.2%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 29.51g (10.73%), Sugar: 5g (5.55%), Cholesterol: 8.71mg (2.9%), Sodium: 56.39mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Manganese: 0.36mg (18.14%), Vitamin A: 882.14IU (17.64%), Vitamin B1: 0.24mg (16.14%), Vitamin C: 13.09mg (15.87%), Fiber: 3.53g (14.12%), Folate: 51.92µg (12.98%), Phosphorus: 126.61mg (12.66%), Vitamin K: 12.72µg (12.12%), Selenium: 8.42µg (12.03%), Vitamin B6: 0.23mg (11.56%), Vitamin B2: 0.19mg (11.35%), Potassium: 372.59mg (10.65%), Magnesium: 40.29mg (10.07%), Vitamin B3: 2.01mg (10.03%), Iron: 1.65mg (9.18%), Zinc: 1.08mg (7.23%), Copper: 0.14mg (7.15%), Calcium: 66.33mg (6.63%), Vitamin E: 0.88mg (5.88%), Vitamin B5: 0.45mg (4.51%), Vitamin D: 0.61µg (4.07%), Vitamin B12: 0.21µg (3.5%)